Sample Agenda for Basic Workshop

Day 1 - Session 1

1. Welcome & Introductions

2. Connection My name is….my favourite hobby/book/food…

3. Agenda

4. Positive Names

5. What is this Workshop

6. Safety Circle (optional)

7. Lift Big Wind Blows

8. Face 2 Face or Affirmation Pairs

9. Let’s Build

10. Reflection

11. U Choose!!!!!

12. Closing Something I bring to this workshop + Pyramid or Thumbs

Session 2

1. Welcome Back!

2. Connection

3. Agenda

4. Back 2 Back Drawing

5. Puzzling

6. Lift Pattern Ball

7. Concentric Circles

8. Violence Trees (Optional)

9. Reflection

10. Closing

Session 3

1. Welcome again!

2. Connection

3. Agenda

4. Keys To Transforming Power

5. Lift Here I Sit

6. Reflection

7. Closing Stand by your Key

Session 4 (otional)

1. Welcome & intros

2. Connection

3. Agenda

4. Activity

5. Lift

6. Activity

8. Reflection

9. Closing

Day 2 Session 5

1. Welcome & intros

2. Connection

3. Agenda

4. Activity (Note this is often a Keys to Transforming Power Activity)

5. Lift

6. Activity

7. Reflection

8. Closing

Session 6

1. Welcome again!

2. Connection

3. Agenda

4. Theatre Groups

5. Role Play Preparation

6. Role Play 1….derole…debrief….Lift

7. Role Play 2…derole…debrief…..Lift

8. Role Play 3…derole…debrief…..Lift

9. Reflection

10. Closing

Session 7

1. Welcome again!

2. Connection

3. Agenda

4. Activity

5. Lift

6. Reflection

7. Closing

Last Session

1. Welcome again!

2. Connection

3. Agenda

4. Building Blocks and Unanswered Questions

5. Ungathering

6. Where to from Here?

7. Graduation

8. Web

9. Closing